

Suggested examples of activities which promote health literacy (ES1- S3)

Reference for Health Literacy is [PDHPE syllabus K-6](#) (p25)

Health Literacy - Functional dimension (ES1/S1)

Investigate a variety of vegetables from the 'rainbow'. In what ways does eating vegetables help to make me the best I can be? E.g. eating carrots helps to protect me from sickness (assists immune system function).

Health Literacy – Interactive dimension (S2)

Using your understanding of the benefits of eating vegetables to investigate ways to promote eating more vegetables to your friends and other students. For example, through a music rap, video clip, design a digital poster, etc. These can provide reasons why vegetables help you to be the best version of yourself and where I can find out more reliable information or support.

Health Literacy – Critical dimension (S3)

Provide students with links to reliable information on the benefits of eating vegetables. Students select one of the links and identify the source of information. What information does it provide about the benefits of eating vegetables? What evidence is there that the information is reliable? (e.g. research studies or scientific evidence). Does it provide further information and services to inform students about the benefits of eating vegetables?

It is important to provide students with learning opportunities which promote the three dimensions of health literacy in all stages of learning where possible.